## Common Mental Disorders and Misused Substances

"Speaking together, we can change the conversation on addiction and recovery and, in so doing, pave the way for healthier and safer individuals, families, and communities."

**Peter Gaumond** 

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Treatment

Help

join the voices for recovery

OPE On pathways to wellness



# COMMON MENTAL DISORDERS AND MISUSED SUBSTANCES

The impact of mental and substance use disorders spans across individuals, families, and communities. Learning about some of the most common mental disorders and misused substances can help people recognize the signs of behavioral health conditions and ultimately seek help. This aligns with the aim of **National Recovery Month** (**Recovery Month**), an initiative to raise awareness about the many resources available to help prevent these conditions and encourage treatment and recovery. **Recovery Month** is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) (http://www.samhsa.gov), within the U.S. Department of Health and Human Services (HHS) (http://www.hhs.gov).

In 2011, 21.6 million Americans aged 12 or older (8.4 percent) needed treatment for an illicit drug or alcohol use problem.<sup>1</sup> Of these individuals, only 2.3 million (10.8 percent of those who needed treatment) received treatment at a specialty facility.<sup>2</sup> Additionally, among 45.6 million Americans aged 18 and older who experienced any mental illness in 2011, 31.6 million received mental health services during the past 12 months.<sup>3</sup>

Included in this document are key statistics about common mental illnesses and substances that are often misused. Also included are alternative names for each disorder or substance; signs, symptoms, and adverse health effects; prevalence; and average age of onset (or age of first-time use of a substance). Information in the following charts was collected from SAMHSA's 2011 National Survey on Drug Use and Health, as well as reports and data released by The Partnership at DrugFree.Org, the National Institute of Mental Health, and the National Institute on Drug Abuse.

The following chart includes information on common mental disorders:

Mental Disorder	Signs & Symptoms <sup>4,5,6</sup>	Lifetime Prevalence in the United States Among Adults and Youth (13 to 18 Years Old) <sup>7,8,9</sup>	Average Age of Onset <sup>10</sup>
<b>Anxiety Disorders</b>			
Agoraphobia	Intense fear and anxiety of any place or situation where escape might be difficult; avoidance of being alone outside of the home; fear of traveling in a car, bus, or airplane, or of being in a crowded area	2.4 percent of youth; 1.4 percent of adults	20 years old
Generalized Anxiety Disorder	An overwhelming sense of worry and tension; irritability; physical symptoms including fatigue, headaches, muscle tension, muscle aches, trouble swallowing, trembling, twitching, sweating, lightheadedness, nausea, and hot flashes	1.0 percent of youth; 5.7 percent of adults	31 years old



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Anxiety Disorders				
Obsessive Compulsive Disorder (OCD)	Persistent and unwelcome anxious thoughts or "obsessions," often accompanied by rituals that are performed to try to prevent or get rid of them, called "compulsions"	(youth data not available); 1.6 percent of adults	19 years old	
Panic Disorder	Feelings of sudden terror that often occur with a pounding heart, sweating, nausea, chest pain, faintness, or dizziness; an avoidance of places or situations where panic attacks have occurred		24 years old	
Post-Traumatic Stress Disorder (PTSD)	Relived trauma after experiencing a terrifying event, through nightmares or disturbing thoughts throughout the day; feelings of detachment, numbness, irritability, or aggressiveness	4.0 percent of youth; 6.8 percent of adults	23 years old	
Intense feelings of anxiety and dread about social situations; a persistent fear of being watched and judged by others and being humiliated or embarrassed by the person's own actions; physical symptoms such as blushing, profuse sweating, trembling, nausea, and difficulty talking		5.5 percent of youth; 12.1 percent of adults	13 years old	
Specific Phobia	Marked and persistent fear and avoidance of a specific object or situation, such as a fear of heights, spiders, or flying	15.1 percent of youth; 12.5 percent of adults	7 years old	
Mood Disorders				
Bipolar Disorder	Recurrent episodes of highs (mania) and lows (depression) in mood, changes in energy and behavior, extreme irritable or elevated mood, an inflated sense of self-importance, risky behaviors, distractibility, increased energy, and a decreased need for sleep	3.0 percent of youth; 3.9 percent of adults	25 years old	



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Mood Disorders				
Major Depressive Disorder	A pervading sense of sadness and/or loss of interest or pleasure in most activities that interferes with the ability to work, study, sleep, and eat; negative impact on a person's thoughts, sense of self-worth, energy, and concentration	11.2 percent of youth; 16.5 percent of adults	32 years old	
Other Mental Disorder	5			
Attention-Deficit/ Hyperactivity Disorder (ADD/ADHD)	peractivity Disorder focused; hyperactivity, or 81 per		7 years old	
Personality Disorder	Difficulties dealing with other people and participating in social activities; inflexibility, rigidity, and inability to respond to change; deeply ingrained, inflexible patterns of relating, perceiving, and thinking that cause distress or impaired functioning		Not available	
Schizophrenia  Hearing voices or believing that others are trying to control or harm the person; hallucinations and disorganized speech and behavior, causing individuals to feel frightened, anxious, and confused		(youth data not available) 1.1 percent of adults*	Not available	

<sup>\*</sup>Indicates 12-month prevalence



The following chart includes information on commonly misused substances:

Substance	Other Names	Negative Immediate Intoxication Effects <sup>14,15</sup>	Negative Health Effects <sup>16,17</sup>	Average Age of First Use in 2011 (vs. in 2010) Among People Aged 12 to 49; Current Rate Among Youths (12-17) <sup>18</sup>	Number of People (Aged 12 or Older) Who Used it in the Past Month in 2011 (vs. in 2010) <sup>19,20</sup>
Alcohol, To	bacco, and Inha	alants			
Alcohol Disorder	Booze, beer, wine, liquor	Dizziness, talkativeness, slurred speech, disturbed sleep, nausea, vomiting, impaired judgment and coordination, increased aggression	Brain and liver damage, depression, liver and heart disease, hypertension, fetal damage (in pregnant women)	17.1 years (17.2 years in 2010) among people aged 12 to 49; rate of current use among youths is 13.3 percent	133.4 million people (similar to 131.3 million people in 2010)
Gases, Nitrites, and Aerosols (Inhalants)	Ether, chloroform, nitrous oxide, isobutyl, isoamyl, poppers, snappers, whippets, laughing gas	Increased stimulation, loss of inhibition, headache, nausea, vomiting, slurred speech, loss of motor coordination, wheezing, cramps, muscle weakness	Memory impairment, damage to cardiovascular and nervous systems, unconsciousness	16.4 years (16.3 years in 2010) among people aged 12 to 49; rate of current use among youths is 0.9 percent	600,000 people (same number as in 2010)
Tobacco Products	Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, chew	Increased blood pressure and heart rate	Chronic lung disease; coronary heart dis- ease; stroke; cancer of the lungs, larynx, esophagus, mouth, and bladder; poor pregnancy outcomes	17.2 years (17.3 years in 2010) among people aged 12 to 49; rate of current use among youths is 10.0 percent	68.2 million people (similar to 69.6 million people in 2010)
Illicit Drug	s				
Cocaine	Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, white lady	Increased alertness, attention, and energy; dilated pupils; increased temperature, heart rate, and blood pressure; insomnia; loss of appetite; feelings of restlessness, irritability, and anxiety	Weight loss, cardiovascular complications, stroke, seizures	20.1 years (21.2 years in 2010) among people aged 12 to 49; rate of current use among youths is 0.3 percent	1.4 million people (similar to 1.5 million people in 2010)
Ecstasy	Adam, E, eve, decadence, M&M, roll, X, XTC	Involuntary tooth clenching, a loss of inhibitions, transfixion on sights and sounds, nausea, blurred vision, chills, sweating, increased heart rate and blood pressure, cardiovascular failure	Muscle cramping/ sleep disturbances; depression; impaired memory; kidney, liver, and cardiovascular failure; anxiety	19.6 years (19.4 years in 2010) among people aged 12 to 49; youth rate not available	Included in hallucinogens data



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Illicit Drugs					
Hallucinogens	Acid, boomers, doses, hits, LSD, microdot, peyote, shrooms, sugar cubes, tabs, trips	Dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, tremors	Disturbing flashbacks that may occur within a few days or more than a year after use	18.6 years (19.1 years in 2010) among people aged 12 to 49; rate of current use among youths is 0.9 percent	972,000 people (down from 1.2 million people in 2010) [includes ecstasy data]
Heroin	Big H, blacktar, brown sugar, dope, horse, junk, muc, skag, smack, white horse	Alternately wakeful and drowsy states, flushing of the skin, dry mouth, heavy extremities, slurred speech, constricted pupils, droopy eyelids, vomiting, constipation	Collapsed veins, infection of the heart lining and valves, abscesses, cellulitis, liver disease, pneumonia, clogged blood vessels, respiratory complications	22.1 years (21.3 years in 2010) among people aged 12 to 49; youth rate not available	281,000 people (similar to 239,000 people in 2010)
Marijuana	Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees,smoke, skunk, weed	Distorted perception, trouble with thinking and problem solving, loss of motor coordination, increased heart rate	Respiratory infection, impaired memory, anxiety, exposure to cancer- causing compounds	17.5 years (18.4 years in 2010) among people aged 12 to 49; rate of current use among youths is 7.9 percent	18.1 million people (similar to 17.4 million people in 2010)
Metham- phetamine	Chalk, crank, crystal, ice, meth, speed, white cross	State of high agitation, insomnia, decreased appetite, irritability, aggression, anxiety, nervousness, convulsions	Paranoia, hallucination, repetitive behavior, delusions of parasites or insects crawling under the skin, psychosis, severe dental problems, heart attack	17.8 years (18.8 years in 2010) among people aged 12 to 49; youth rate not available	439,000 people (similar to 353,000 people in 2010)



Substance	Other Names 11,12,13	Negative Immediate Intoxication Effects <sup>14,15</sup>	Negative Health Effects <sup>16,17</sup>	Average Age of First Use in 2011 (vs. in 2010) Among People Aged 12 to 49; Current Rate Among Youths (12-17) <sup>18</sup>	Number of People (Aged 12 or Older) Who Used it in the Past Month in 2011 (vs. in 2010) <sup>19,20</sup>
Prescription I	Orugs				
Pain Relievers	Vike (Vicodin®), oxy, O.C. (Oxycontin®), M (roxanol), school-boy (empirin with codeine), China white, dance fever (Actiq®)	Pain relief, euphoria, drowsiness, respiratory depression and arrest, nausea, confusion, constipation, sedation, unconsciousness, restlessness	Muscle and bone pain, drowsiness, seizure, coma, respiratory depression, decreased heart rate	21.8 years (21.0 years in 2010) among people aged 12 to 49; rate of current non-medical use of prescription pain relievers among youths is 2.3 percent	4.5 million people (down from 5.1 million people in 2010)
Psychothera- peutics	Prozac®, Zoloft®, Ritalin®	Increased heart rate, blood pressure, and metabolism; feelings of exhilaration and energy; increased mental alertness; rapid or irregular heartbeat; reduced appetite	Heart failure; weight loss; tremors and muscle twitching; fevers, convulsions, and headaches; irregular heartbeat and respirations; anxiety; restlessness; paranoia; hallucinations; delusions of parasites or insects crawling under the skin	22.4 years (22.3 years in 2010) among people aged 12 to 49; rate of current non-medical use of psychotherapeutic drugs among youths is 2.8 percent	6.1 million people (down from 7.0 million people in 2010)
Sedatives	Haldol®, Thorazine®, Navane®, Prolixin®, Mellaril®, Trilafon®	Slurred speech, shallow breathing, sluggishness, fatigue, disorientation and lack of coordination, dilated pupils, reduced anxiety, lowered inhibitions	Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems	22.0 years (23.5 years in 2010) among people aged 12 to 49; youth rate not available	231,000 people (down from 374,000 people in 2010)
Stimulants	Adderall®, Ritalin®, Concerta®	Increased blood pressure and heart rate, constricted blood vessels, increased breathing, cardiovascular failure, lethal seizures	Increased hostility or paranoia, dangerously high body temperatures, irregular heartbeat, cardiovascular failure, lethal seizures	22.2 years (21.2 years in 2010) among people aged 12 to 49; youth rate not available	979,000 people (similar to 1.1 million people in 2010)
Tranquilizers	Benzos (Mebaral®, Ativan®, Xanax®, Valium®, Nembutal®, Librium®)	Slurred speech, shallow breathing, sluggishness, fatigue, disorientation and lack of coordination, dilated pupils, reduced anxiety, lowered inhibitions	Seizures; impaired memory, judgment and coordination; irritability; paranoid and suicidal thoughts; sleep problems	24.6 years (24.6 years in 2010) among people aged 12 to 49; youth rate not available	1.8 million people (similar to 2.2 million people in 2010



Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

#### Sources:

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<sup>12</sup>The Partnership at DrugFree.org. (n.d.). Drug Guide. Retrieved September 15, 2012, from http://www.drugfree.org/drug-guide.

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